

Herb & Spice Blends

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Herb & Spice Blends

Arabic Seven Spice (Bokharat)

Ingredients:

- 2 tablespoons ground black pepper
- 2 tablespoons paprika
- 2 tablespoons ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon ground cloves
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom



Directions:

Mix all ingredients well.

Store in an airtight container or in freezer.

You can also roast and grind these spices yourself first before mixing.

<http://www.food.com/recipe/arabic-7-seven-spice-bokharat-194721>

Mediterranean Spice Mix

Ingredients:

- 3 tablespoons dried rosemary
- 2 tablespoons ground cumin
- 2 tablespoons ground coriander
- 1 tablespoon dried oregano
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt



Directions:

Tip: for every 4 servings (1 lb boneless, 2 lb bone in) meat, poultry or fish, mix 2 tbsp Mediterranean Spice Mix, 1 tbsp, vegetable oil, and 1 clove of minced garlic. Rub over food and let sit for 10 minutes.

<http://www.food.com/recipe/mediterranean-spice-mix-290157>

Herb & Spice Blends

Herbs de Provence Mix I

Ingredients:

- 1 Tbsp. dried basil leaves
- 1 Tbsp. dried marjoram leaves
- 1 Tbsp. dried summer savory leaves
- 1 Tbsp. dried thyme leaves
- 2 tsp. dried orange zest, powdered
- 1 powdered or ground bay leaf
- 1 tsp. fennel seeds
- 2 tsp. dried lavender
- 1/8 tsp. white pepper



Preparation:

Combine all ingredients in a small tightly closed jar. Store in a dark, cool place. Makes about 5 tablespoons

<http://busycooks.about.com/od/homemademixes/r/herbsprovenmix.htm>

Herbs de Provence Mix II

Ingredients:

- 3 Tablespoons dried marjoram
- 3 Tablespoons dried thyme
- 3 Tablespoons dried savory
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary
- 1/2 teaspoon dried sage
- 1/2 teaspoon fennel seeds



Preparation:

Combine marjoram, thyme, savory, basil, rosemary, sage, and fennel. Mix well and spoon into a tightly-lidded jar. Store in a cool, dark place up to 4 months. Yield: 3/4 cup

<http://homecooking.about.com/od/allherbrecipes/r/blherb9.htm>

Herb & Spice Blends

Beau Monde Seasoning Mix

Ingredients:

- 1 Tbsp. ground cloves
- 1 tsp. ground cinnamon
- 1 Tbsp. salt
- 1 Tbsp. ground bay leaf
- 1 Tbsp. ground allspice
- 2 Tbsp. ground pepper
- 1 Tbsp. ground white pepper
- 1 tsp. ground nutmeg
- 1 tsp. ground mace
- 1 tsp. celery seed



Preparation:

In a small mixing bowl, mix together all ingredients. Pour into a tightly closed jar and store in a cool, dry place.

<http://busycooks.about.com/od/homemademixes/r/beaumontdemix.htm>

WOW Tip: Be aware that this mix already contains salt. The sodium content can be reduced by using only half the amount of salt recommended in this recipe.

Creole Spice Blend Mix Recipe

Ingredients:

- 3 Tablespoons paprika
- 2 Tablespoons kosher salt
- 2 Tablespoons garlic powder
- 1 Tablespoon black pepper
- 1 Tablespoon onion powder
- 1-1/2 Tablespoons cayenne powder
- 1 Tablespoon oregano
- 1 Tablespoon thyme



Preparation:

Combine paprika, salt, garlic powder, black pepper, onion powder, cayenne, oregano, and thyme in a glass spice bottle or other sealable container. Shake until well-combined.

Seal tightly and store in a dark cabinet away from heat and light. Use Creole spice mix within 6 months.

Shake container again before each use to be sure the mix is combined. Good on meats, vegetables, and seafood.

Yield: about 1 cup

<http://homecooking.about.com/od/spicerecipes/r/blspice6.htm>

See above **WOW Tip**

Herb & Spice Blends

Chili Powder

Ingredients

- 2 tablespoons paprika
- 2 teaspoons oregano
- 1 1/4 teaspoons cumin
- 1 1/4 teaspoons garlic powder
- 1 1/4 teaspoons cayenne pepper
- 3/4 teaspoon onion powder



Directions:

Mix all ingredients together.

<http://www.food.com/recipe/chili-powder-16892>

Italian Seasoning Mix

Ingredients

- 3 tablespoons dried basil
- 3 tablespoons dried oregano
- 3 tablespoons dried parsley
- 1 tablespoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes



Directions:

Mix all ingredients in a spice grinder.

OR put in a small bowl and crush with the back of a spoon.

Store in an airtight jar for up to 6 months.

<http://www.food.com/recipe/italian-seasoning-82770>

Herb & Spice Blends

All-Purpose Italian Seasoning Blend

Ingredients

- 1/2 cup dried oregano
- 1/3 cup dried parsley
- 1/4 cup onion powder
- 1/4 cup garlic powder
- 3 tablespoons white granulated sugar
- 1 1/2 tablespoons ground black pepper
- 2 tablespoons dried pepper
- 1 teaspoon celery seed
- 1/2 teaspoon marjoram
- 1/2 teaspoon thyme



Step 1

Mix all ingredients together. Store in an airtight jar or plastic container.

Step 2

To make Italian salad dressing or marinade, mix 2 tablespoons of the seasoning blend with 1/4 cup white vinegar and 1/4 cup water and stir well. Whisk in 1/3 cup of vegetable oil.

<http://lowsodiumgourmet.com/recipe/all-purpose-italian-seasoning-blend/>

Cajun Seasoning Mix

Ingredients

- 2 teaspoons white pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons cayenne pepper
- 2 teaspoons paprika
- 2 teaspoons ground black pepper



Directions:

In the container of a blender or food processor, combine all the ingredients, and process on high speed until reduced to a fine powder.

Transfer to a container with a tight fitting lid and use as desired.

<http://www.food.com/recipe/cajun-seasoning-mix-14190>

Herb & Spice Blends

Like HOT spices?

Link to recipes for the following:

Berbere Paste

<http://homecooking.about.com/od/condimentrecipes/r/blsauce7.htm>



Mansion Barbecue Spice Mix Recipe

<http://homecooking.about.com/od/spicerecipes/r/blspice29.htm>



Montego Bay Jerk Seasoning Recipe

<http://homecooking.about.com/od/spicerecipes/r/blspice21.htm>



Moroccan-Style Hot Spice Blend Recipe

<http://homecooking.about.com/od/spicerecipes/r/blspice26.htm>

